



Broadmead

VOICE OF THE RESIDENTS

VOL. IV, NO. 5

COCKEYSVILLE, MD.

FEBRUARY 1983

Lincoln and St. Valentine

February, short though it is, brings famous anniversaries and major and minor holidays. Close in time, but world's apart in meaning and spirit, are Valentine's Day and Lincoln's birthday.

February, one might reflect, is a chilly time for romance, but St. Valentine's Day is said to have originated in the Roman feast of Lupercalia and was Christianized in memory of the martyrdom of St. Valentine in 270 A.D. Who is to say what the climate for romance may have been, there and then?

In a serious vein, one might reflect, on the one-hundred-seventy-fourth birthday of Abraham Lincoln, that the nature of our times makes this passage from his message to Congress, in 1862, both prophetic and compelling:

"The dogmas of the quiet past are inadequate to the stormy present. The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew and act anew. We must disenthrall ourselves."
(Emphasis ours)

Stormy as were the times, Lincoln's wry humor, too, points to a need of our own time, lest we lose that leavening of wit essential to perspective. A favorite quotation describes a situation which, in a lesser degree, at one time or another, has plagued us all.

"... I am approached with the most opposite opinions and advice, and that by ...men who are equally certain that they represent the divine will. I am sure that either the one or the other...is mistakenand, perhaps, in some respects, both. I hope it will not be irreverent for me to say that if it is probable that

REPORT FROM LEO BRIDGE CITES PROGRESS ON TWO FRONTS

The Residents Association has just received a ruling from the Internal Revenue Service granting tax-free status on our income. This frees us from the need to pay taxes on Barn Sale receipts, contributions from the Country Store, Sew and So, and the Wood Shop. Gifts and donations to the Association by individuals are also tax deductible.

Our thanks go to all who worked on this project--George Conner, Ken Walker, Dave McIntyre and all who helped dig up the financial statements of our varied and various activities.

Appreciation should also be expressed to Charles C. Shelton of Semmes, Bowen and Semmes for the vast amount of detail work performed on our behalf.

Note: So that there may be no misunderstanding, this IRS ruling has absolutely nothing to do with the pending issue of the property tax on Broadmead.

During 1982 there were contributions amounting to \$28,718 to BRAF and our balance at the end of the year was \$41,205.

As contributions keep coming in, the Broadmead Residents Assistance Fund will be there when needed.

--Leopold Bridge

God would reveal His will to others on a point so connected with my duty, it might be supposed He would reveal it directly to me...."

Quoted by Carl Sandberg
Exact citation unknown.

--DK

RESIDENTS ON BOTH SIDES OF DESK NEED TO KNOW PROCEDURES

Thirty Reception Desk volunteers shared experiences and aired their "gripes" when Nancy Grant invited them, on Jan. 14, to meet with her--for just these reasons, and more. Our Nancy also examined and explained, page by page, everything that is contained in the Broadmead "Procedures Book."

What if a Resident wants a Duty man to deliver a prescription to his apartment? The answer: It cannot be delivered. Explain that a neighbor, who must sign the prescription book, may be asked to do so.

What is the procedure if a Resident has a visitor with an automobile on the grounds overnight? Answer: The Resident should get a "visitor parking" sign from the Reception Desk and place it on the dashboard with the Resident's apartment number.

What answer does a desk volunteer give if some stranger, by telephone, asks for the telephone number of a Resident? The answer: You do not give the number.

What if a Resident or Staffer uses the Reception Desk phone for a "chit-chat" private conversation? Answer: Subtly hint that the desk phone is for the desk only, in the event of emergency.

What about a Resident or two who want to use their duplicate guest dinner receipts for subsequent guests? Answer: That is probably an oversight, due to age; inform the Resident of the oversight. Duplicate receipts, stamped "Void," will now carry a notation "Resident's Receipt." That may help avoid confusion.

Thus it went, for 65 minutes, intermixed by jollity, and with one recurring theme: Broadmead's desk staffers are "the tops."

--GJF

"i suppose the human race
is doing the best it can
but hells bells thats
only an explanation
it's not an excuse"

--Don Marquis

Live and Lively

Broadmead went down Mexico way on January 19. There were slides and a display of Mexican mementos in the morning, a buffet lunch featuring Mexican dishes, and a show billed as "live entertainment" in the afternoon.

The show was live and lively. Bob Mason introduced Mexico briefly with facts about the country for those of us who have not been there. Then there were slides with Rich Compton's commentary. And Harry Niles. Did you know that among his many talents, Harry is a sleight-of-hand, rather a sleight-of-shirt, artist? If you didn't see him "strip" with his coat on, to the accompaniment of Bob Martin as a one-man band, you missed it. Then Ken Walker lost his shirt to Harry faster than you can say, "you didn't take off your coat."

Ron Phillips, a friend of our Food Service employees, entertained on his guitar with solos and a sing-a-long.

And finally, the bullfight. Toreador Compton engaged Marge Murphy as "bull" in Broadmead's most hilarious encounter. You didn't see it? Too bad. You missed a real fun show. Olé !

--H. C.

FOR JIGSAW PUZZLE LOVERS

Do jigsaw lovers know of the "exchange" located in the Broadmead Center lower level, with space on the shelves between the recreation room and lower lounge? Boxed, new or used jigsaws, that are placed there by residents, may be borrowed at any time, for use there or at home.

A "running" jigsaw puzzle is operated on the Taylor floor behind the desk, for the pleasure of residents and the volunteers serving there. For this place, puzzles with 500 to 600 pieces are the best size. The border, started in advance, is placed on the shelf top, with the remaining pieces ready for the passerby to complete the picture. Perhaps by now you have enjoyed the puzzle that you received as a Christmas gift and are willing to share the enjoyment with others by placing your gift on the lower-level jigsaw-puzzle shelf.

--M.Y.P.

Bird Behavior Serves Birds' Best Interests

"Why don't I have any birds?" By the time you read this I hope you will have had many. Meanwhile, here are some reasons for their scarcity through January 12.

Winter has been largely mild and birds could forage far and wide at a leisurely pace, uncovering grubs, scratching up seeds, and gleaning berries. When temperatures dropped or snow fell or ice coated the vegetation, more birds were in evidence at our feeding stations. In cold weather birds need a lot of food to maintain their body temperatures (av. 105°) and to provide energy; their rapid metabolism requires that they eat constantly. Black oil sunflower seed provides more fat than ordinary seed or grey-striped sunflower. Hence they are attracted to the "bounteous boards" we offer them.

"Why do some feeders have birds and others don't?" There may be 40 feeders around Broadmead and not enough birds to go 'round, simultaneously. They may favor one for a while; but birds move around a great deal often quite a distance. (A bander once banded about 35 purple finches a day for a week and never caught one twice.)

Our feeders differ in location and habitat: facing the woods or the old Towson Nurseries, opposite the flood plain, and beside the pond and oak grove. Species preferring those habitats would frequent the nearest stations. Feeders located 10 to 15 feet from shrubs, evergreens, or trees are attractive because they offer quick escapes to safety, good lookout posts, and branches for pecking open seeds. Those shielded from the wind may be favored.

Birds "eat to live" and if they aren't hungry or are happy with another larder for a time, there's not much you can do to change the situation. So wait for snow, ice, or below-freezing temperatures and reap the rewards of weather you yourself may not enjoy.

"Why does the mockingbird try to attack me through my patio door?" If it saw you it would take flight; it really sees its own reflection, especially in glass covered with solar film. It is

In this article, Nancy Rowe, Nature Editor, responds to some of the questions she is most frequently asked.

--Editor

defending its winter feeding (or spring nesting) territory from the intruder that appears to be there. Look around; a berried shrub may be nearby. The best deterrent is breaking the reflection with something stuck on the outside of the glass: decals, masking tape or streamers.

Incidentally, some berries, like holly, are not edible until after freezing and thawing: nature's way of assuring some food in February and March when the level of natural foods is at its lowest. That is the time when birds need your help the most.

TIDBITS

Vultures (buzzards) range over great distances foraging for carrion. They roost together in winter but spread out when nesting, finding sheltered spots in caves, rotten logs, even in abandoned buildings where they lay their eggs with little or no nesting material.

They have difficulty soaring when there is no wind and on dull days when there are no thermals rising from a sun-warmed earth. They are among the most beautiful "sailors of the sky."

If you are a "night owl" or an insomniac, begin to listen for the bark-like hoots of the great horned owl, which begins nesting in early February when the snow still falls.

Please keep an eye on the bulletin board!

--Nancy Rowe

"O Wind

If Winter comes, can Spring be far behind?"

Percy B. Shelley

CHRISTMAS GIFT FUND

A total of \$21,800 was contributed by Residents to the 1982 Christmas Gift Fund to express their appreciation to 198 Broadmead employees.

As in previous years, the gifts were allocated on the basis of length of service and number of hours worked. They ranged from \$5 to \$170 (Department heads and professional and supervisory personnel are not included).

The Administration provides the necessary information for the allocations and the gifts of cash are then stuffed in envelopes by a committee of Residents, each member taking responsibility for a different department.

This channel for discharging our feelings of indebtedness and appreciation to so many staff members, who always so pleasantly provide all the needed services, does not disappear at Christmas time. The Vacation Fund lies ahead. At any time that the impulse is upon us, between now and May, to show in some concrete way the appreciation we feel, the impulse can be answered by stowing a few dollars into the piggy bank, to be added to the summer vacation fund.

The "happy working arrangement," noted in another part of this Voice issue, was expressed for the staff by Nancy Grant: "I think the Residents deserve a vote of appreciation from all the staff, not only for their Christmas gift of money, but for the fabulous decorations in the Community Center and Holly House. It makes Broadmead such a pleasant place to work. Dear Residents, we all thank you and a Happy New Year to everybody."

Resident Helen Hasler's daughter Judy and her partner Dana Boden made the January 25 issue of Family Circle with a picture of the bathroom they decorated last spring for the Baltimore Symphony Decorators' Showhouse.

Employees Honored

They like working at Broadmead. Who are "they"? Broadmead employees--162 of whom were honored at the Service Recognition Ceremony on December 22 in the Auditorium.

Lois Forbush, Board of Trustees Chairman, opened the program with words of warm appreciation to the staff. Woody Jenkins, Personnel Director, presided, introducing each staff member, and Caroline Cochran, Board Activities Committee Chairman, presented the award pins.

The employees were recognized for periods of service from one to five years. The five-year "old-timers"--Martin Trueblood, Karolyn Huffman, Howard Ketler and Huey Riddle--received enamel pins with the Broadmead logo and number of years of service. "Four-year-olds" eligible for pins at the next Recognition Service, are Nancy Grant, Woody Jenkins, Paul Trautner of Maintenance, and Bobbie White (as of January).

Of the other 154 employees honored, 46 have three years of service; 74, two years; and 35, one year. Pins are given only for one year and five years of service.

Broadmead's employee turnover is very low. Martin mentioned at the January Fireside Chat that the turnover in Maintenance is the lowest in any department. The words and spirit of the occasion made it clear that the employees enjoy working for the Broadmead Residents as much as the Residents enjoy the employees who perform their multiple services cheerfully and effectively. All in all, a happy working arrangement.

--H.C.

CONGRATULATIONS

To Barbara Frederick, Charge Nurse on Hallowell, who is now a Board Certified Nurse Practitioner. Barbara received the good news on Christmas Eve. We salute you, Barbara.

A.A.H.A. National Conference Reported

On November 29th, a large number of Residents heard Broadmead's representatives at the AAHA conference report on the highlights of that meeting.

During October 10 - 13, 1982, Broadmead Board Member Joseph Kovner, Director Martin Trueblood, Food Service Director Gil Van Houten, Attorneys Robert Halderman and Don Bradfield, and Resident Association President Kathaleen Kennedy attended the 21st Annual Meeting of AAHA (American Association of Homes for the Aging).

Martin Trueblood is an enthusiastic member of the organization, having been actively involved since 1970, and feels that it has great importance to Broadmead.

Some facts:

AAHA is the national association representing non-profit homes, housing, and health-related facilities for the elderly.

It was founded in 1961. There are 1900 member homes. Thirteen State Associations are affiliated.

AAHA's philosophy consists of three basic principles. There should be:

1. Long-term care provided on a continuum ranging from independent living to nursing care.
2. A commitment to community involvement in the home as a way of ensuring the highest quality of care for the Residents.
3. A commitment to care of the total person thru providing an environment and services which meet physical, social, emotional, and spiritual needs.

AAHA's membership consists not only of member homes but also of about 800 associate members. Among them are attorneys, doctors, other professionals, students, national, state, and local organizations, business firms, and suppliers.

AAHA serves its members by representing the concerns of non-profit homes before Congressional committees and federal agencies. Each year the Association prepares Public Policy Objectives for the new session of Congress.

AAHA is governed by a House of Delegates elected by the membership. Martin Trueblood is the delegate who represents Maryland and serves in a key policy-making role. Policy is developed through the work of 150 members who serve on 20 different committees.

AAHA concerns itself with multiple public issues affecting the elderly such as housing, nursing home standards, Medicare and Medicaid, Social Security, Supplementary Security Income, and taxation policies.

Members are informed about issues, Congressional bills, and laws through bi-weekly reports and monthly housing and legal reports. An "Action Bulletin" alerts members to key issues needing immediate attention and to the availability of federal funds.

AAHA's Development and Research Department makes studies and disseminates results to all members. Examples of this are studies on how member homes involve Residents in decision making; fund raising and public relations; and approaches to financing and health care.

AAHA's professional development program is one of its most valuable services. State licensure boards require administrators of homes to earn credits in continuing education. The courses and workshops offered by AAHA are accepted for State credit.

Kathaleen Kennedy found that the Atlanta Conference stimulated and reinforced her observation about the quality of life at Broadmead. She sees an interested and caring staff, a high level of cooperation between Administration, Staff, Trustees, and Residents. In her words, "We are in good hands--our own and others. We are living in a community of which we can be proud."

--Vivian Cord

NO PRINCIPAL SPEAKER--
NO HANDICAP TO DISCUSSION GROUP

What the United States needs in the 21st century is strengthening of the Presidency, strengthening of the Congressional leadership, strengthening of the private sector, and improvement of individual and public morale, according to the group discussion recently participated in by members of the Broadmead Discussion Group.

There was no principal speaker. The free-for all, but orderly, discussion on Jan. 11 grew out of the reading of John W. Gardner's "Toward a Pluralistic but Coherent Society," a study prepared for the renowned Aspen Institute for Humanistic Studies.

"The political system is based on a paradox," contributed Ken Walker in starting the discussion; he pointed out how our dispersion as a federal system and different levels of governmental power conflict and compete with each other.

Several attenders, led by Chuck Baldwin, argued for a single 6-year term of U.S. presidents, in order to limit the politics of reelection. Other voices added that terms of members of the House of Representatives should be increased as one step towards strengthening Congress.

Much of the discussion was devoted to panning factions and special interest groups, an argument (known or unknown) begun by George Washington, and always with no indictment of one's own favorite interest groups.

Surprise of the day was the large number of members, nearly 50, who turned out when only a handful was expected, thus attesting to the vitality of the Discussion Group.

--G.J.F.

The Discussion Group meeting: Auditorium; Feb. 1 at 10 A.M. Speaker: Sidney Tishler, Director, Tele-Communications Office, Maryland Center for Public Broadcasting. Subject: The Communication Revolution, Actual and Projective.

LAST CALL FOR SUPPORT OF
LIVING WILL LEGISLATION

It is a universal truth that most people wish to live as long as their physical and mental powers permit them to enjoy and participate in life. But when confronted with the threat of "living" at a primitive, vegetative, or comatose level, then the prolongation of life, for many of us, is an unwanted and crushing burden.

Those who have filed Living Wills with Broadmead's Medical Department and with their attorneys have some measure of protection. However, the Living Will, an essential but insufficient measure, needs the legal support of HB #301, the Natural Death Act (originally called the Right-to-Die-with-Dignity). The Bill is designed to safeguard patients' wishes, expressed in writing while they were competent, and to shield the medical staff against unjustifiable lawsuits.

Delegate Sheila Hixson, the Bill's sponsor, advised (1/12/83) that letters to Delegates from us will be very helpful. She suggests that in our communications we endorse HB 301, state why it is important to the writer, and stress that each individual has the constitutional right to make decisions concerning his/her life when the diagnosis of "terminal illness" has been established.

Names of Delegates to whom we should write, their addresses and telephone numbers (phone numbers are toll-free), will be posted on Bulletin Boards as soon as Delegate Hixson forwards them to us.

--Mildred Beck, Chair., Subcommittee on Living Wills, Residents Association Health Care Committee

Letters

Dear Voice:

As in previous two years, I shall be glad to help any Residents who need some assistance to prepare their income tax returns. This assistance is, of course, absolutely cost-free.

Sincerely yours,
Max Hitchman
C.P.A. of the State of N.Y.

O.T. programs originate with Penny Pentz

PENNY PENTZ HEAD OF OCCUPATIONAL THERAPY CREATES BOTH SPECIAL AND GENERAL PROGRAMS

Eyes brighten when someone mentions this staff-member--Penny Pentz. She is head of Broadmead's Occupational Therapy Department. Penny's main occupation is to help Residents, after an accident or illness, to regain the ability to help themselves in the business of independent living. For example, if a patient is unable to feed himself, Penny helps him relearn the process.

Following in importance is her task of helping Residents find suitable work or activities.

The occupational therapy room, under Penny's supervision, invites inspection. A sign on the door warns us not to let "Hallowell", the sleek and healthy grey cat, get out of the room. In spare moments, Penny decides which Resident of Taylor or Hallowell will have a visit with cat each day! Inside the room, colorful pictures and healthy, fresh-looking plants are everywhere. Ceramic pieces are awaiting decoration; there are shelves of materials, bins of cloth scraps; and collages and mobiles add to the color.

In this large, bright room, Penny welcomes the Touch Toy makers and an art class, arranged by her, in which Emily Tarsell, from Catonsville Community College, conducts weekly sessions in oil painting and water color. Participants come from Hallowell and Taylor Halls and the Clusters, some walking, some using canes or wheelchair--for a two-hour period of enjoyment.

In September, Penny went to China to a conference of the International Association for Occupational Therapy, as a representative of the American O. T. Association. She had opportunities to talk with nurses through interpreters, and found great interest in what we do in cases of strokes and burns--the type of accidents most needing therapy. The workers she met were eager to catch up with O.T. practices in other parts of the world.

Penny was born in Baltimore and lived here most of her life except for two short periods, one of which she spent in a culinary school of French Pastry and Decorating. She earned an A.B. degree at Antioch College and her O.T. training was in the Maryland Program, then conducted at the Keswick Nursing Home.

For ten years Penny worked in the geriatric and psychiatric departments of City Hospitals. Here she designed the Occupational Therapy Clinic for which she received the Outstanding Practice Award.

Penny's life at home is "dominated" by her dog, Jock. She likes to travel, taking slide pictures as she goes. She collects old Baltimore postcards and enjoys genealogy studies.

--Margaret Bouchelle

FRESH SCENE IN LOWER HALL PROVIDED BY ART CLASS MEMBERS

Results from the art class, which meets on Thursdays from 2 to 4 in the Occupational Therapy Room, can now be seen in the hall on the Lower Level. Pictures by Bob Bouchelle, Frances Hepner, Rose Hubbard, Edith Kelly, Alice Mason, Marie Phillips, Ruth Plant, and Harriette Shelton are on display. Work by other class members will join them on completion.

The instructor is Emily Tarsell from the Catonsville Community College. All levels of skill are represented, from beginners to experienced painters. Instruction is largely individual, so other residents who would like to join are welcome at any time. See Penny Pentz.

The class has had the use of paints and brushes donated by Tomi Kleff and Rena Coates, so the only cost is a \$2 donation once or twice a term to replenish supplies and the cost of the individual canvas boards.

Independence? That's middle-class blasphemy. We are all dependent on one another, every soul on earth.

G. B. Shaw, Pygmalion, Act IV.

AUDIENCE INSPIRED BY
MARY BACKER SMITH'S BOOK REVIEW

Music lovers were given a rare treat on Wednesday, January 12, 1983, when Mary Backer Smith reviewed Gary Graffmann's autobiography titled, "I Really Should Be Practicing." The reviewer's charm and skill brought the book alive for the Broadmeaders who assembled for the presentation.

Mrs. Smith made clear that Mr. Graffmann, as a well-known concert pianist, does not attempt to give the idea that he came upon the music scene as a full-blown artist. Rather he conveys, indirectly, the dedication, discipline, and singleness of purpose which seem to permeate the lives of so many talented musicians.

The autobiography abounds in anecdotes relating to the great and near-great of the music world and to their influence upon the developing artist. As related by the reviewer, when one of the musicians, speaking of Beethoven, said, "Beethoven's music reaches Heaven," the rejoinder was, "Ah, yes, but Mozart lives there."

Despite a grueling concert schedule, the author was able to develop a wide range of interests, unrelated to music. One can only guess that, while pursuing these interests, there may have lurked in the mind of the writer a feeling that more practice was needed in his chosen field. This may have motivated him to say, "I really should be practicing."

This book certainly is a "must" for those interested in music and in the development of artistic skill and virtuosity.

--Elizabeth Gilpin

LET ME KNOW WHAT I THINK

A government mogul preparing a speech
Need never be stumped for decisions he'll reach.

He's told what he'll say

And how well he will score

By news commentators a few days before.

--Irene Warsaw

TRUSTEES HOLD RECEPTION

The reception for Residents, held by the Board of Trustees, on Jan. 2, was a thoroughly successful affair. There was a large Resident attendance hosted by a generous Board representation.

The atmosphere suited the holiday spirit, relaxed and festive. The refreshments were attractive and delicious, and, altogether, the occasion was one of warmth and a feeling of fellowship--a familiar experience for old-timers, a welcome one for more recent Residents.

Food Service Update

Your Food Service Committee appreciates your cooperation in responding to the short form evaluation of the dinner served on December sixth. The information gained was shared with Gil Van Houten and Mike Goldberg in the Food Service Department and with Broadmead administrators Martin Trueblood and Rich Compton.

A high percentage of the Residents were well satisfied with the quality of food and service at this particular meal. There were some negative comments; each of these was reported. We are pleased that every effort is made to resolve problem areas when they are brought to the attention of the staff. Sometimes this involves more supervision or more training or a change in the supplier of certain foods.

The recent, long questionnaire will be analyzed and the results reported, bringing food service information in line with the changes that have occurred.

Gil Van Houten wants you to know that he appreciates your responses to the Holiday meal attendance forms. Their accuracy made it possible to plan for the staffing and food needs. Thanks!

More from Gil: How about "soup-to-go!" By the time you read this issue of the Voice, you may already have bought some of these good Broadmead soups in the Coffee Shop. If not, it won't be long before you will be able to take some home in tightly sealed containers. Buy and try!

Gil promises more innovations in the near future. Watch this column for up-date!

--Vivian Cord

Fireside Chat Highlights

High on the priority list, at the Jan. meeting with Martin Trueblood, Rich Compton, and Howard Ketler, was the reminder that ten more weeks of winter may bring freezing temperatures, ice, snow, or rain. These precautions were discussed by Howard:

Every laundry room is equipped with a sand bucket which should contain sand at all times. Maintenance will sand walks immediately after precipitation stops. Residents are requested to notify maintenance if the sand bucket is not in the laundry room or is empty. In winter, maintenance staff is always on call.

When there is ice on walkways, use extreme caution, and if possible, stay indoors until the walks are sanded.

Avoid driving on the hill between Holly House and main entrance when icy.

In sub-zero temperatures, let kitchen faucets drip continuously to prevent freezing in pipes.

Do not touch valves on patio faucets. Prolonged dripping should be reported to maintenance.

Martin announced that from time to time he gets inquiries from Residents and others about gifts for Broadmead. He will try out a plan of announcing at Fireside Chats some useful, advantageous items which will not be included in our budget. The Voice will report this information, giving it wider circulation. Martin would like feed-back from Residents about the use of this means of communication.

He named two items which are currently desirable:

1. An internal lighting system to

illuminate the display in the beautiful breakfront located opposite the main dining room entrance.

2. A life-size "dummy," known as "Resusi-Annie" used in Health Care staff-training sessions, to demonstrate resuscitation techniques. Since this piece of equipment is borrowed or rented each year, as an essential part of the staff training program, it would be advantageous to own one.

Martin or Rich will welcome questions or comments from interested individuals.

Information about Broadmead's waiting list brought out that there are 550 names on the list which continues to grow. However, since usually only about one third of the names on any waiting list are considered potential residents, the count is about 175. Broadmead admits 23-25 units per year, leaving an apparent waiting period of about seven years. However many other factors affect the actual waiting period. For example, one applicant may be ready to move in when a specific type of apartment is available while other applicants are not ready. In such situations the waiting period may not be long.

Rich announced that there soon will be in the library a book of gifts given in honor or in memory of Broadmead friends, as well as bound copies of past volumes of the Voice. (see Jan. Voice--News From the Board.)

A large enough number of Residents indicated interest in defensive driving training, to warrant the administrative staff and/or the Residents Association to look into the possibilities of making the needed arrangements.

"GANDHI"- 3½ hour film at Senator at 2:00
A bus will run from Broadmead on Feb. 15,
depart at 1:20 - return after 6:00
Cost of movie and bus: \$7.50
Make reservations on bulletin board.

"It was dusk when I neared the mountain, and at its base I perceived what seemed to be a beast. But as I drew near, I saw it was a man. When I reached him, I found that he was my brother."

--Himalayan Legend

Courtesy Elizabeth (Corky) Corkins

WEIGHT CONTROL AND EXERCISE
EMPHASIZED IN DIABETES LECTURE

Dr. Alfonso Janoski, endocrinologist, and Kathie Yerkes, dietitian, spoke on Dec. 5, in a program on diabetes, arranged by the Residents Health Care Committee.

Dr. Janoski, who is on the staff of the Franklin Square Hospital, pointed out that most diabetic adults fall into "type two" category, requiring dietary regulation only to control ideal body weight and normal blood sugar levels.

After a gradual, mild onset in adults these symptoms may appear: excessive urination and thirst; dryness of the skin and itching; hunger, weakness, and loss of weight. Routine blood tests and urinalysis determine the diagnosis.

Treatment is started with an individual diet which must be strictly observed. If this proves ineffective, medication is added to the diet. Throughout the course, exercise is prescribed by the physician, and a dietitian is of great importance.

Strict attention to exercise and diet enables adults to lead relatively normal lives and enjoy increased life expectancy. The diabetic must monitor his own disease, reporting complications promptly if they arise. The physician can only advise and guide the course of treatment, but gives prompt attention if complications are reported.

Kathie Yerkes, dietitian, reemphasized that the goal of dieting is to control ideal body weight. Sugar, sweets, and fats are the dangerous foods which must be restricted. A sensible diet concentrates on lean meats, fowl, or fish; low-fat or skim milk; vegetables; salads and fruits; whole-grain cereals and breads.

Exercising daily tones muscles, improves circulation, and helps control sugar levels. Kathie will gladly cooperate with the members of Food Service to improve the choice of recommended diabetic foods.

--Ruth Ring

HOBBY SHOW WILL BE REVIEWED IN NEXT ISSUE

NIECE OF HARRY PATTON
WINS TOP BALLET HONOR

"A vision of loveliness"--the phrase could well apply to Janie Parker, Resident Harry Patton's niece, as pictured in costume in a ballet pose in a July issue of the DeKalb News/Sun.

Ballerina Janie Parker, won "the only gold medal given in the senior division of the International Ballet Competition, held this year in Jackson, Miss.....It is ranked the 'Olympics' of dance and has been staged in Tokyo, Bulgaria, and Moscow."

The entire event was taped and will be aired on P.B.S. in Baltimore this spring. Since no date has been announced, it is hoped interested Residents will keep a sharp look-out and pass the word along when the event appears on a T.V. schedule.

Janie has danced leading roles with ballet companies around the world and recently returned from a guest performance with the London Festival Ballet.

'83 GREETINGS FROM SAN DIEGO. . .

The sun glistening on the deep blue-green Pacific Ocean brings to mind the many tiny Christmas lights glistening on the lovely tree in the center of Broadmead's dining room. All Broadmeaders seemed so pleased with the results of those twenty-five to thirty women and men who worked so diligently to spread Christmas beauty throughout our halls, dining room, and lounges. However, all that would not have been possible without the help of Marie and Denny Phillips and Sam Silberstein who, last July, sent for and studied catalogs and selected our beautiful Mountain King tree, wreathes, and garlands. Once again, those in our Country Store saw to it that we were pretty, merry, and satisfied. May I express my personal appreciation to those many folks who helped to make Broadmead so outstanding during the holidays.

May God grant all a healthy and happy 1983!

--Mary Louise Hibline
Chairman, Decorating and Flowers

Rec'd. 1-3-83

MOVIES

Tuesdays 7:00 p.m.

Place: Auditorium

FEB. 1 - "FATHER GOOSE" (116 min.-color) A romantic comedy starring Cary Grant and Leslie Caron, filmed in the Southwest Pacific. You'll like it!

FEB. 8 - "A TALE OF TWO CRITTERS" (Color - 48 min.) A "Walt Disney" special about a racoon and a bear cub separated from their families, learning to survive. 'Nough said!

FEB. 15 - "INDISCREET" (Color-100 min.) Cary Grant and Ingrid Bergman in a delightful romantic comedy at the diplomatic level. A Valentine treat!

FEB. 22 - "FLASH, THE TEEN AGE OTTER" (Color-48 min.) A family of otters in the Wisconsin Lake Region. A "Walt Disney" special. Don't miss it!

HALLOWELL MOVIES

Tuesdays 3:00 p.m.

Place: West Lounge

FEB. 1 - TRAVEL PICTURE (25 min.)

FEB. 8 - "A TALE OF TWO CRITTERS"
(See above)

FEB. 15 - TRAVEL PICTURE

FEB. 22 - "FLASH, THE TEEN AGE OTTER"
(See above)

PROGRAMS

(Events in the Auditorium unless otherwise specified)

Monday, Feb. 7 - 7:15 - "High Income Investments for Retired People" - talk by Roger Rath and Jim Daly of Alex. Brown and Sons

Wednesday, Feb. 9 - 1:30 - "First Ladies of the White House" - slide-talk by Claire Stieff

Saturday, Feb. 12 - Valentine Party in the evening - time and place to be announced

Sunday, Feb. 13 - 2:15 - Hymn Sing in the Lounge

Monday, Feb. 14 - 10:30 - Fireside Chat in the Lounge
7:15 - Concert by the Foxheads

Wednesday, Feb. 16 - 1:30 - Health Talk - "Coping with Common Concerns," by Dr. Edyth Schoenrich

Saturday, Feb. 19 - 7:15 - Concert by Bill Zvarick, pianist, in the Lounge

Saturday, Feb. 26 - 7:15 - "History of Flight for the Past 4,000 Years," talk by Col. Leslie Waltman of the Civil Air Patrol

Sunday, Feb. 27 - 4:30-6:30 - High Tea in the Lounge

Program Notes

"First Ladies of the White House" will be the topic of a lecture to be given by our Resident historian, Claire Stieff, on Wednesday, Feb. 9, at 1:30 in the auditorium. There will be slides of the dresses of the First Ladies, courtesy of the Smithsonian Institute.

Dr. Edyth H. Schoenrich, who will speak on "Coping with Common Concerns" on Feb. 16, at 1:30, is Associate Dean and professor at Johns Hopkins Univ. School of Hygiene and Public Health, and a member of Broadmead's Board of Trustees.

Col. Leslie Waltman of the Civil Air Patrol will talk on "The History of Flight for the Past 4000 Years," in the auditorium on Saturday, Feb. 26, at 7:15. The talk will include information about the Patrol's air search and rescue missions.

On Saturday, Feb. 19, at 7:15 in the lounge Bill Zvarick, a Peabody piano student, will give a concert. Early Residents will remember him as an accompanist for a violin program several years ago.

TELEPHONE LISTING CORRECTED

CLINTON WINSLOW - 666-9515 (not 666-4515)

Musical Contrasts

The Pot Spring Elementary School pupils presented their Christmas program here on December 21, having brought their scenery the previous day and fastened it to the wall at the back of our stage.

With great gusto they presented their musical play, "The Runaway Snowman." The fact that the children had to adapt to a much smaller stage than one at their school bothered them not a bit. Following the play, the band played a number of carols. To transport 75 children and have them perform in a different setting with no rehearsal was no mean accomplishment. What joy these gleeful children brought to us!

A contrasting program was heard on December 30. Eric Conway, a nineteen-year-old sophomore at Peabody Conservatory, gave us an outstanding piano concert. His well-balanced choice of numbers ran the gamut from Mozart to Gershwin. His delicate playing of Mozart offered a remarkable contrast to the dynamic rendition of the Prokofieff Sonata No. 3, Op. 28 and Gershwin's Rhapsody in Blue. Eric Conway well deserved the standing ovation given him.

--Eleanor Matthews

We cannot command the circumstances of our lives, but we can command our response.
C.W.

In Memoriam

JANE C. COTTON

November 19, 1906

December 30, 1982

New Residents

DOROTHEA LORIMER (Mrs.) - A-14 - 667-6190. A native Canadian and graduate of the University of Toronto, she lived for many years in Douglaston, Long Island, before moving to Broadmead. Her daughter lives in Baltimore County. Her former interests in travel, reading, and bridge are now curtailed by reduced vision and hearing, but she hopes to participate as much as possible in Community activities.

SYLVANIA NAGLE (Miss) - T-373 - 667-1360. Miss Nagle retired some years ago from a teaching career which included four years in Singapore with the IWCA. She came to Broadmead from Easton, Pennsylvania, but as a native Baltimorean and Goucher student she found many former friends here. She has traveled widely since retirement and has been too busy to have hobbies.

VOICE OF THE RESIDENTS

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